

FIESTA LASAGNA



1 ¼ cup cooked of each **black beans, red kidney beans and white kidney beans*** or 1 - 14 fl oz (398 mL) can of each, *drained and rinsed*
12 fl oz (341 mL) can corn niblets, drained
14 fl oz (398 mL) can diced tomatoes
1 ¾ cups (425 mL) salsa
3 cloves of garlic, minced
½ medium onion, chopped
1 green pepper, chopped
2 tsp (10 mL) cumin
2 tsp (10 mL) chili powder
6 flour tortillas (12 inch diameter)
2 cups (500 mL) grated mozzarella or cheddar cheese

COMBINE beans, corn, tomatoes, salsa, garlic, onion, green pepper, cumin, and chili powder in a large saucepan. Bring to boil and simmer for 20 minutes, stirring occasionally. Remove from heat.

SPRAY a 9" x 13" lasagna pan with cooking spray. Cut tortillas in half. Place four halves in prepared pan, to cover bottom, flat edges facing the outside.

SPREAD 1/3 of bean mixture over tortillas. Repeat procedure, adding two more layers, ending with the bean mixture. Sprinkle cheese over top.

BAKE at 350°F for 20 minutes, or until cheese is melted. Let sit for 5 minutes before cutting.

Optional: Serve with sour cream.

Makes: 12 servings

Nutritional Information (per serving): 237 calories; 6.6 g fat; 12.5 g protein; 34 g carbohydrate; 6 g fibre; 16 mg cholesterol; 426 mg sodium.

